

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 02/01/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/02/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/02/2023								
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 02/03/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00

Menu Calendar Nutrient Analysis Report - February, 2023

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 02/03/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 02/06/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 02/06/2023								
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 02/07/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82

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23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 02/07/2023								
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 02/08/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 02/08/2023								
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/09/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/09/2023								
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 02/10/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D1 :39002 - ServingDate: 02/13/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Crispy Whole Apple - SR1161 (1 extra smal)	25	47.79	0.16	0.03	0.00	0.92	12.69	0.24
Diced Peaches - SR3040 (1/2 c.)	30	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	25	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Italian Roasted Chickpeas - SR2583 (1/2 c.)	10	145.36	2.86	0.06	0.00	267.06	22.57	7.48
Garden Side Salad - SR1429 (1 c.)	25	20.07	0.13	0.02	0.00	25.59	4.25	1.10
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	60	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	5	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01

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SY21-22 - FoodiE From the Garden W6D2 :39002 - ServingDate: 02/14/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	25	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Edamame - SR1046 (1/2 c.)	30	99.79	4.29	0.51	0.01	4.95	7.35	9.82
Ginger Carrot Salad - SR1540 (1/2 c.)	15	69.86	0.15	0.03	0.00	36.79	17.36	0.65
Caesar Side Salad - SR1428 (1 c.)	20	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	30	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D3 :39002 - ServingDate: 02/15/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Unsweetened Applesauce - SR1195 (1/2 c.)	20	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	15	105.02	0.39	0.13	0.00	1.18	26.95	1.29
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Broccoli Lime Salad - SR1274 (1/2 c.)	20	26.44	2.16	0.16	0.00	29.21	1.75	0.62
Elote Corn - SR1677 (1/2 c.)	15	129.48	1.72	0.57	0.02	42.65	28.45	4.71
Super Side Salad - SR1979 (1 c.)	10	49.06	0.30	0.04	0.00	32.84	10.09	2.35
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Creamy Caesar Dressing - SR2446 (2 tbsp.)	5	110.00	12.00	2.00	0.00	300.00	1.00	1.00
Italian Salad Dressing - SR1489 (1 tbsp.)	5	15.00	0.00	0.00	0.00	175.00	4.00	0.00
Ranch Dressing - SR1931 (1 pump)	40	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	15	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	15	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00
Buffalo Ranch Sauce - SR1453 (2 tbsp.)	5	35.89	2.40	0.35	0.00	671.07	3.70	0.13
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D3 :39002 - ServingDate: 02/15/2023								
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W6D4 :39002 - ServingDate: 02/16/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Orange Smiles - SR1172 (6 slice or w)	30	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Fruit Cocktail - SR3023 (1/2 c.)	20	86.67	0.00	0.00	0.00	7.22	21.67	0.00
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Moroccan Spiced Carrots - SR2588 (1/2 c.)	10	122.06	10.32	0.81	0.00	158.09	8.34	0.84
Mex Zucchini - SR1697 (1/2 c.)	10	147.29	14.53	1.11	0.00	171.47	5.08	1.72
Caesar Side Salad - SR1428 (1 c.)	35	169.83	15.80	3.27	0.00	325.07	5.61	2.95
Chilled Peas - SR2483 (1/2 c.)	5	72.76	0.38	0.06	0.00	102.06	12.87	4.93
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	20	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	60	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	15	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	10	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	10	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - February, 2023

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D4 :39002 - ServingDate: 02/16/2023								
Spicy Cool Sauce - SR1788 (1 tbsp.)	10	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	30	20.36	0.02	0.00	0.00	160.03	5.06	0.01
SY21-22 - FoodiE From the Garden W6D5 :39002 - ServingDate: 02/17/2023								
Variety of Entrees - SR2092 (1 serving)	1	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Banana - SR1166 (1 medium (7"))	30	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Cinnamon Swirled Apples - SR1492 (1/2 c.)	20	44.60	0.00	0.00	0.00	8.79	10.78	0.01
100% Apple Juice - SR1204 (4 fl oz cup)	80	60.00	0.00	0.00	0.00	5.00	14.00	0.00
Blanched Broccoli Florets - SR1272 (1/2 c.)	15	10.84	0.12	0.01	0.00	10.75	2.12	0.90
Mixed Salad Greens - SR1080 (1/2 c.)	20	6.43	0.01	0.00	0.00	6.33	1.25	0.47
Citrus Glazed Carrots - SR1131 (1/2 c.)	10	60.46	0.78	0.14	0.00	67.70	13.35	0.68
Chocolate Skim Milk - SR1000 (1 Half Pint)	50	151.96	0.00	0.00	0.00	249.48	30.62	7.69
Lowfat 1% White Milk - SR1001 (1 Half Pint)	5	102.48	2.37	1.54	0.00	107.36	12.18	8.22
White Skim Milk - SR1002 (1 Half Pint)	5	83.30	0.20	0.14	0.00	102.90	12.15	8.26
Ranch Dressing - SR1931 (1 pump)	80	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	5	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
MK Special Sauce - SR2585 (1 tbsp.)	5	29.38	2.25	0.25	0.00	66.72	2.55	0.07
Music City Sauce - SR2584 (1 tbsp.)	5	32.08	1.90	0.22	0.01	52.11	3.54	0.74
Yellow Mustard - SR1603 (1 pump)	5	0.00	0.00	0.00	0.00	180.00	0.00	0.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
SY21-22 - FoodiE From the Garden W6D5 :39002 - ServingDate: 02/17/2023								
Spicy Cool Sauce - SR1788 (1 tbsp.)	5	31.39	2.26	0.25	0.00	110.09	2.38	0.76
Spicy K Sauce - SR2586 (1 tbsp.)	5	20.36	0.02	0.00	0.00	160.03	5.06	0.01
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 02/21/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 3 (RMC) OK - ServingDate: 02/22/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	10	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	8	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Pears - SR3041 (1/2 c.)	7	57.47	0.00	0.00	0.00	4.79	15.33	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	10	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Baby Carrots - SR1016 (1/2 c.)	15	25.40	0.09	0.02	0.00	56.61	5.98	0.46
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/23/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32

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Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 4 (RMC) OK - ServingDate: 02/23/2023								
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Apple Glazed Baby Carrots - SR3683 (1/2 c.)	5	58.31	0.81	0.31	0.00	68.19	12.33	0.56
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chilled Corn - SR1033 (1/2 c.)	10	68.89	0.57	0.09	0.00	0.85	16.41	2.17
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 02/24/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 5 (RMC) OK - ServingDate: 02/24/2023								
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Celery Sticks - SR1014 (6 stick.)	10	10.34	0.11	0.03	0.00	51.71	1.92	0.45
Green Salad Mix - SR3780 (1 c.)	10	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 02/27/2023								
Fresh Whole Apple - SR2870 (1 medium (3))	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	7	45.12	0.12	0.01	0.00	0.00	11.28	0.90
Diced Peaches - SR3040 (1/2 c.)	10	59.04	0.00	0.00	0.00	4.92	13.78	0.00
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00

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 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 1 (RMC) OK - ServingDate: 02/27/2023								
Kidney Beans - SR1036 (1/2 c.)	5	140.65	0.00	0.00	0.00	151.47	25.97	7.57
Green Salad Mix - SR3780 (1 c.)	15	12.31	0.00	0.00	0.00	8.21	2.46	0.82
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 02/28/2023								
Fresh Whole Apple - SR2870 (1 medium (3)	15	94.64	0.31	0.05	0.00	1.82	25.13	0.47
Unsweetened Applesauce - SR1195 (1/2 c.)	6	55.86	0.15	0.03	0.00	10.49	12.58	0.32
Banana - SR1166 (1 medium (7"))	8	105.02	0.39	0.13	0.00	1.18	26.95	1.29
Orange Smiles - SR1172 (6 slice or w)	11	45.12	0.12	0.01	0.00	0.00	11.28	0.90
100% Apple Juice - SR2547 (4 fl oz cup)	10	60.00	0.00	0.00	0.00	5.00	14.00	0.00
100% Grape Juice - SR1607 (4 fl oz cup)	5	80.00	0.00	0.00	0.00	10.00	19.00	0.00
100% Orange Juice - SR1295 (4 fl oz cup)	5	60.00	0.00	0.00	0.00	0.00	14.00	0.00
Basil Corn Salad - SR2587 (1/2 c.)	5	102.63	4.12	0.34	0.00	296.57	16.85	2.40
Fresh Broccoli Florets - SR1027 (1/2 c.)	10	10.84	0.12	0.01	0.00	10.53	2.12	0.90
Green Salad Mix - SR3780 (1 c.)	5	12.31	0.00	0.00	0.00	8.21	2.46	0.82

Menu Calendar Nutrient Analysis Report - February, 2023

Site: Guthrie Junior High
 Date: 02/01/2023 - 02/28/2023

Item Name (Serving Size)	Planned Qty	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Sodium (mg)	Carb (g)	Protein (g)
23-24 CORE Garden Bar- (6-8) Day 2 (RMC) OK - ServingDate: 02/28/2023								
Chocolate1% Milk - OKR1062 (8 oz.)	50	130.00	2.50	1.50	0.00	130.00	19.00	8.00
White 1% Milk - OKR1061 (8 oz.)	5	107.58	2.69	1.61	0.00	112.96	12.91	8.61
White Skim Milk - OKR1060 (8 oz.)	5	90.00	0.00	0.00	0.00	130.00	13.00	8.00
Ranch Dressing - SR1931 (1 pump)	35	60.00	6.00	1.00	0.00	125.00	1.00	0.00
Ketchup - SR1004 (1 pump)	20	20.31	0.01	0.00	0.00	175.46	4.63	0.16
Mayonnaise Pump - SR1991 (1 pump)	5	53.33	5.87	1.07	0.00	45.33	0.00	0.00

Legend
 (M) - Missing Nutrient Values

Report Selections
 Meal Type: Lunch
 Site Group: FoodiE Cafe
 Menu Line: FE-From The Garden (Milk, Condiments)
 Serving Group: 6-8
 Nutrients Option: Expanded

Please be advised that our menu items may contain allergens or may have come in contact with items containing allergens. In addition, food manufacturers may change their formulation or manner of processing without our knowledge. Sodexo therefore cannot guarantee the accuracy of nutrition information. Ingredient and nutrition content of foods may vary due to changes in product formulation, recipe substitutions, portion size and other factors. The nutrition analyses provided are approximations only. Sodexo assumes no liability for any adverse reactions that may occur in the school cafeteria. We encourage all food allergic individuals to first inform the school nurse of allergy/intolerance and then work with our staff to plan a menu.